

The Senior Profile



Freetown Council on Aging - 227 Chace Road - East Freetown, MA 02717-1008
Office hours: Monday thru Thursday 8:00 AM to 4:00 PM, Friday 7:30 AM to 10:30 AM
Telephone: 508-763-9557, Fax: 508-763-9084, E-mail: COA@freetownma.gov

Closed Monday, May 28th for Memorial Day

**The distribution of this newsletter is made possible (in whole or part)
By a grant from the Massachusetts Executive Office of Elder Affairs**

**The Council on Aging's purpose is to help and serve seniors. There is no membership.
Everyone is invited to participate in all activities at the senior center. Come by and enjoy!**

Freetown Senior Birthday Party

On Thursday, May 10th, at 12:00 PM, we will be having our Birthday Party for seniors of Freetown. Lunch is Salisbury steak, by Cyd's Creative Kitchen. RSVP and \$6.00 due by Thursday, May 3rd

Cyd's Lunch: Tuesdays at 11:30 AM

May 15th, Meat pie
RSVP and \$7.00 due by May 8th
May 29th, Cowboy chicken
RSVP and \$7.00 due by May 22nd
June 5th, Chicken Pie
RSVP and \$7.00 due by May 29th



Tea Time!

It's tea time! Join us for a tea party social. Light refreshments will be served. Bring a friend, or, maybe, make some new ones. Bring your favorite tea cup; we will have some here also! Thursday, May 31st at 11:00 AM, Please RSVP by May 24th



Sponsored by Freetown VFW Post 6643 and "The Friends of the VFW", this is an all you can eat pasta meal on Thursday, May 17th, from 5:00 PM to 7:00 PM. \$7.00 PP, 70+ \$5.00 PP, 90+ free. We have raffles and door prizes. We are serving the community.

Submitted By Bruce Wilbur

Seated Massage

Mondays, May 7th and 14th, starting at 10:00 AM at the COA, please call the COA for an appointment. \$5.00 donation requested for 15 minutes. No seated massage May 21st and 28th.

Homemade Spaghetti Luncheon for Seniors

On Wednesday, May 16th at 12:00 PM. Spaghetti with meat sauce, bread and salad. \$4.00 Donation requested. Enjoy a Delicious lunch before Meat Bingo. Call to reserve for meal before May 11th. Seating is limited.

Massachusetts Bar Association 2018 Elder Law Education Program

Thursday, May 24th at 1:00 PM,
RSVP Thursday, May 17th

Basic Estate Planning and Medicaid Rules for Seniors- Please join us!

As a part of the Mass. Bar Association Elder Law Education Program, we are pleased to host Attorney Dan Surprenant for a discussion of basic estate planning for seniors and qualification rules for nursing home Medicaid. Attorney Surprenant is a native of Freetown and is one of 24 attorneys in Massachusetts certified as an Elder Law Attorney by the National Elder Law Foundation. He is a past President of the Massachusetts Chapter of the National Academy of Elder Law Attorneys and a frequent speaker on these issues. Topics will include durable powers of attorney, protecting your home from a Medicaid lien and the Medicaid gifting penalties.

Submitted by Daniel Surprenant

Parkinson's Support Group

Our next meeting will be held on Thursday, May 10th, at Dartmouth Council on Aging, 628 Dartmouth St, Dartmouth. Please call Miles Molnan at 508-997-0907 for reservations and any questions. Please join us!

SHINE Counselor

Serving the Health Insurance Needs of Everyone
Our SHINE Volunteer, Dick Kelley, will be here Mondays, May 7th and 21st, at 12:30 PM. Please call the COA for an appointment

Senator and Representatives

Representative Carole Fiola will be here Monday, May 7th, from 10:00 AM to 11:00 AM
Representative Paul Schmid will be here Monday, May 7th, from 10:30 AM to 11:30 AM
Senator Michael Rodrigues will be here Wednesday, May 23rd, from 9:30 AM to 11:30 AM

Pool Table

Mondays, 9:00 AM, **No Pool May 7th**

Coffee & Muffins

Mondays at 10:00 AM, **No Muffins May 7th**
Come on in and have a cup of coffee with fresh muffins to meet other people from town.

Knitting and Crocheting Club

Mondays, 10:00 AM to 12:00 PM,
Bring your own supplies. Please call the Senior Center if you would like to attend.

Card Games-Pitch

Mondays, 1:00 PM to 3:00 PM

BINGO

Tuesdays, 12:45 PM to 3:00 PM, The license for bingo requires that you be at least 60 years old to play

GOLDSILVER**PLATINUM**

Marc Folco will hold a **gold buying event** at the Freetown Senior Center on Tuesday, May 29th, from 11:00 AM to 1:00 PM. **anyone can attend!** A portion of the proceeds will be donated to the senior center. Please call the COA for further information.

Painting Class

Painting...Drawing...Mixed Media...Art Classes
Wednesdays, 9:00 AM to 11:30 AM

Line Dancing

Wednesdays, 9:30 AM at the Freetown VFW
Lessons \$2.00 per person, all ages are welcome.

Meat Bingo Game

12:45 PM-Please note time is later!

Wednesday, May 16th, at **12:45 PM**. Cost is 2 cards for \$5.00. **You must call and pay your \$5.00 required donation to reserve a seat by Friday, May 11th**, win a Bingo; you can go and choose a tray of meat. The meat packages will consist of smaller portions perfect for one or two people.

Blood Pressure

Wednesday, May 23rd, 10:30 AM

Scrabble

Thursdays, 12:30 PM

The Freetown Senior Club

Thursdays:

May 3rd at 12:00 PM and 17th at 11:30 AM

Yoga

Fridays, 10:00 AM with Mat

Your first class is free. Classes are a \$4.00 suggested donation. Come on in and try our classes.

Kanakis Produce

Discount on Fruit and Vegetables

Fridays, 10:30 AM

Podiatrist

The Foot Doctor will be here Thursday, June 14th, at 9:30 AM. You must call Dr. Markowitz to make an appointment at **1-401-455-3554**

Veterans Agent

Bob Klevecka is our Veterans Agent. If you need his services, please call 508-763-3190, Monday thru Thursday, 9:00 AM to 3:30 PM

Compassionate Care Hospice

VOLUNTEERS NEEDED!!!

Compassionate Care Hospice serves the needs of patients and families in Southeastern Massachusetts. An integral aspect of the care are volunteers who serve in a variety of capacities. They make friendly visits with patients to talk about interests, hobbies, favorite activities, life reviews, and even sing songs together! A volunteer can be a supportive, peaceful presence when a patient is sleeping. The volunteer also brings respite to the patient's family. Being a volunteer is a wonderful way to give back to the community and provides something very meaningful to patients and their families!

If you are interested, please contact: Michael Freilich, Volunteer Coordinator at Compassionate Care Hospice in Taunton. Phone: (508) 386-6011, Email: Michael.Freilich@cchnet.net.

We are looking forward to hearing from you!

Submitted by Michael Freilich



USDA CAN HELP REPAIR YOUR HOME
RURAL DEVELOPMENT

Home Improvement & Repair Loans and Grants (Section 504) are funded directly by the Government. These loans and grants are available to assist people who live in rural communities with a population of 20,000 or less.

Purpose: The Very Low-Income Housing Repair program provides loans and grants to very low-income homeowners to repair, improve, or modernize their dwellings or to remove health and safety hazards.

→**504 GRANTS**

- Applicant must live in an eligible town
- Applicant must be 62 years of age or older
- Applicant must own and occupy a modest dwelling
- Applicant must have a very low income and be unable to repay a loan at 1% annual interest rate
- The repairs and improvements to be made must be necessary to make the dwelling safe and sanitary and/or remove health and safety hazards.

→A 504 Grant can be approved for up to \$7,500. The applicant does not have to pay the grant back to the government, but will be required to remain in the dwelling for a period of three years after receiving the grant.

→The total assistance available through the Section 504 Program is \$27,500, which could consist of a combination loan and grant.

→**504 LOANS**

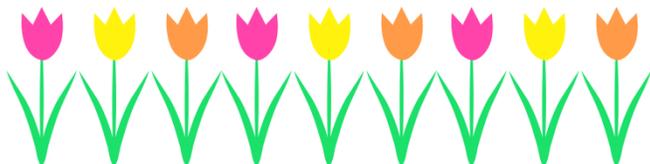
- Applicant must live in an eligible town
- Applicant must be at least 18 years of age
- Applicant must own and occupy a dwelling
- Applicant must have a very low income and be able to repay a loan at 1% annual interest rate
- The repairs and improvements may be general repairs to improve or modernize the property, as long as the dwelling remains modest.

→ **A 504 Loan can be approved for \$20,000 at a 1% interest rate which is payable over 20 years.**

Income limits yearly by household for Freetown:

1 \$25,600 2 \$29,250 3 \$32,900 4 \$36,600

To contact Rural Development please call 508-295-5151, extension 4, TDD: 413-253-4590, or on the web at www.rurdev.usda.gov/ma



VAN SCHEDULING

The van runs every **Monday, Tuesday, Wednesday and Thursday**. Please call the COA at 508-763-9557 for further information. We must have at least a 48 hour notice for the van.

In order to be more efficient with the van when you call in, please have the exact **name, address and phone number** of your destination and if you need the wheelchair lift. We can no longer schedule without this information. Thank you in advance for your cooperation.

Brown Bag” Program

Wednesday, May 23rd

From 10:30 AM to 12:00 PM

At the front of the building

“**Brown Bag**” distribution will be held at the Freetown Council on Aging. You must be 60 years of age or older. Recipients must be low income, as measured by participation in (or eligibility for) at least one other program in which proof of income has been demonstrated. This includes elders who are eligible for SSI, Medicaid, Fuel Assistance and Food Stamps, OR your gross household income is at or below the guidelines listed.

1 person	\$1,860 per month
2 people	\$2,504 per month
3 people	\$3,149 per month
4 people	\$3,793 per month

For questions call 508-763-9557.

We will deliver the brown bag if you cannot pick it up. If not picked up by Thursday, we will donate it.

Country Travelers Trips in 2018

May 21-23, 2018-PA Amishlands, includes a performance of “Jesus”, guided tour of the countryside, with stops at an Amish Craft Farm and bake shop, Kitchen Kettle Village, Lil’ Country Store and miniature horse farm.

July 19, 2018-Thursday-Boston Harbor Luncheon Cruise

August 3-10, 2018-The Azores—the island of Sao Miguel

August 14, 2018-Tuesday-Aqua Turf Plantsville, CT, Lunch and show

ALL above trips leave from the backside of Hampton Inn (Next door to White’s Restaurant) far side near tennis courts. If enough people register from this area, they will make the Senior Center a pick up destination. Any info please call Veronica Beaulieu at 508-636-4889.

Submitted by Judy Emond

FREETOWN COUNCIL ON AGING
227 CHACE ROAD
EAST FREETOWN, MA 02717-1008
ADDRESS SERVICE REQUESTED

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ROCHESTER, MA 02770

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Lakeville Arts and Crafts Trips

Here are some trips from the Lakeville COA. If you need further information please call the Freetown COA-we have flyers-or Lori at Lakeville COA-508-947-7224.

May 9, 2018, Wednesday, Newport Playhouse-\$92.00 PP

May 17, 2018, Thursday, “Bingo Bonanza” at Wrights Farm Restaurant-\$64.00 PP

June 2 & 3, 2018, Saturday & Sunday, NYC and visit to 9/11 Memorial & Museum-\$259.00 PP/Double

July 17 2018, Tuesday, Block Island & The National Hotel with Point Judith Ferry-\$104.00 PP

August 23, 2018, Thursday, Lobster Bake & Cape Ann/Gloucester Visit-\$94.00 PP

September 26-28, 2018, Wednesday-Friday, 3 Days/2 Nights Penn. Dutch & Amish-\$469.00 PP/Double

October 12, 2018, Friday, Sweets, Treats & Foliage in New Hampshire-\$84.00 PP

Directors Note

We are looking for another board member. If you are interested please write a letter to the Selectmen’s Office

Annual May Breakfast

On Monday, May 7th at 8:15 AM at Rochester Council on Aging, 67 Dexter Lane, Rochester.

1.) Scrambled eggs, home fries, bacon or sausage and toast.

2.) Pancakes, bacon or sausage

Both meals served with coffee or tea.

Please call the Freetown Senior Center to RSVP and choose your meal by May 3rd. \$5.25 PP, paid when served your meal. **Freetown Senior Center will open at 9:30 AM**

Freetown V.F.W. Post #6643

Dinner Dance

Come & hear the enchanting sounds of the Billy Couto Band on Saturday, May 12th! There will be a ham and bean supper with all the trimmings. Tickets are \$10.00 each at the door. Please call 508-763-2282 to Reserve tickets. Doors open at 5:00 PM, Dinner at 6:00 PM. Dancing after! DJ Johnny Angel

Submitted by John Remedis